Clinical assessment of consciousness and its significance in terms of control systems (five koshas) meeting the unmet need of Prescriptive consciousness (Health for all) toward better worldliness

Synopsis

Submitted in the partial fulfillment of requirements for the degree of

Doctor of Philosophy

in

Theology

Submitted By

HARSH VARDHAN

Under the supervision of

DR. ANITA
Asst. Professor
Sanskrit Department, Faculty of Arts

Department of Sanskrit, Faculty of Arts

Dayalbagh Educational Institute (Deemed to be University)

Dayalbagh, Agra, India-282005

2024

INTRODUCTION

The dignity, the beauty and the glory of man is consciousness. The purpose of life is to realize this aesthetic consciousness and express this divinity in day to day life. In human beings life can be defined as the process of development of consciousness. Consciousness as it is, is the spiritual basis of life. It is the symptom of soul. As explained in Bhagavad Gita

यथा प्रकाशयति एकः कृत्स्नं लोकं इमं रविः।
तथा क्षेत्रं क्षेत्री कृत्स्नं प्रकाशति भारत।। 34।। अध्याय-13

श्रीमद्भगवद्गीता यथारूप

(O son of Bharata, as the sun illuminates this entire universe, so does the living entity, your own soul, illuminates the entire body by consciousness.)

Consciousness, in Bhagavad-Gita, has been explained with the example of the sun and its sunshine. As the sun is illuminating the whole universe, so a spirit soul, although situated in the heart of this body, is illuminating the whole body by consciousness. Thus consciousness is the proof of the presence of the soul, as sunshine or light is the proof of the presence of the sun. When the soul is present in the body, there is consciousness all over the body, and as soon as the soul has passed from the body there is no more consciousness. This can be easily understood by any intelligent man. Therefore consciousness is not a product of the combinations of matter. It is the symptom of the living entity. It is the function of soul, a living entity, to illuminate the entire body and accomplish enlightenment. For this, soul has to identify its very nature of sunshine.

Consciousness is something embedded in all our experience and is considered basic to all our knowing.Consciousness can be expressed in simple terms, as being in a wakeful form of life where we see, express, understand and analyze.

Consciousness has been the subject of study fromtime immemorial. It is the central issue in the quest to comprehend Truth, Ultimate Reality and God. In goldenwords of huzur sahabji maharaj, "It is the spiritual faculty what everyone is provided with. It develops in all of us like physical and mental faculties and makes us able to perceive Truth and realize Ultimate Reality in the same manner as we perceive and realize the sun with our physical eyes". Consciousness is a means to the knowledge of

the physical world all around. Hence, consciousness is also defined by its very nature as Prama i.e., Internal consciousness, which provides valid experience to the subject of the world around. As explained beautifully in tattvachintamani:

यत्र यदस्ति तत्र तस्यानुभवः प्रमा।
तद्धत् तत्प्रकारकानुभवो वा।।

(तत्वचिन्तामणिः प्रत्यक्षखण्डः-21)

(What as it is, that of experience is prama and that form of experience is consciousness.)

Physiologically Consciousness is the constant state of being emerging from homeostasis and developing into livingness and awareness under various intricate control systems as the physical basis of life. It is the result of complex control systems that we remain alive. Under so complex, intricate control systems, homeostasis is metabolically processed into livingness, responsiveness and further into Consciousness. Human beings are blessed with this spiritual faculty of consciousness, which is the basis for their effective functioning and blissful living. And so

What mind doesn't know, you can't see.

Hence, consciousness is the function of knowledge, skill and attitude to meet the unmet need of health for all toward better worldliness.

Aim of the study

The present research work aims to assess consciousness on clinical parameters and signifies its importance in providing remedial measures for the relegated states of consciousness and to meet the unmet need of prescriptive consciousness (Health for all) toward better worldliness in all walks of life.

Clinical assessment of consciousness:

It means to diagnose the subject at physical, mental and spiritual level and to provide remedial measures for the relegated states of consciousness.

Its significance: lies in terms of control systems meant for achieving consciousness at physical, mental and spiritual level and also in providing remedial measures for the relegated states of consciousness toward better worldliness.

Control systems:

Human body has thousands of control systems to achieve consciousness by maintaining homeostasis,

that is, the basis of livingness at physical, mental and spiritual level. Such is described in vedant darshan as Five koshas being the coverings of soul for its manifestation. Five koshas as explained in vedant darshan represent the control systems in human body respectively as follows:

Anandmaya kosha --- cerebrospinal fluid

Vigyanmaya kosha ---central nervous system

Manomaya kosha --- autonomic nervous system

Pranamaya kosha --- cardiorespiratory system

Anamaya kosha --- digestive system

Prescriptive consciousness:

How something should be used is prescriptive instead of how it is actually used. Prescriptive consciousness is meant for meeting the unmet need of health for all toward better worldliness. In religion of saints such sort of prescriptive consciousness has been prescribed to meet the unmet need of blissful states of consciousness and also in Vedas, Upnishad, Vedant, Budhhism, Jainism, Charvak Darshan, Ayurveda principles and modern medicine.

Better worldliness:

For long satsang culture has been inculcating the ideal of better worldliness through consciousness and following which man can achieve the four purusharth i.e, Dharma, Artha, Kama and Moksha. It is all about to attain the status of a jivanmukta (homo spiritualis) during his lifetime itself. A jivanmukta is a realized soul who visualizes the entire creation as the children of God and his love for God translates into brotherhood of man, thereby helping him to realize higher consciousness levels. Sahabji maharaj, 5th Revered sant satguru of Radhasoami faith, propounded the concept of better worldliness. Living in the world comfortably, one should pursue the ideal of achieving the highest spiritual goal. Better worldliness is thus the golden mean between worldliness and unworldliness that is advocated in satsang- Dayalbagh way of life.

Incentives of better worldliness _

- Better health for all
- Better consciousness
- Better relationship

- Better insights
- Better religiousness
- Better enlightenment
- Status of homo spiritualis

OBJECTIVE OF THE STUDY

This research is an attempt to assess consciousness of Individuals participating in the research on clinical parameters, to provide remedial measures for the relegated states of consciousness, to meet the unmet need of prescriptive consciousness (Health for all) toward better worldliness

Justification

Consciousness, being the glory of man, is a burden also. The glory and the burden come simultaneously the minute you become conscious. With man, choice and conscious individuality come into existence. You can evolve, but your evolution will be an individual endeavour. You may evolve to become a Buddha or you may not. The choice is yours. A subject is said to have spiritual consciousness by having adequate knowledge, skill and attitude of that sort. This can be assessed on clinical parameters by assessing physical, mental and spiritual status. People are found living in different states of consciousness from subconsciousness to superconsciousness. And they go through pains and pleasure of that relegated states of consciousness. Since the advent of Vedas, Upnishad, Vedant and religion of saints, remedial measures have been graciously prescribed to remove that sort of pains of relegated states of consciousness. By knowing the relegated states of consciousness of Jivas, supreme being from the fountainhead of consciousness took advent in human form and prescribed methodology in discourses to lead to blissful state of consciousness. This clinical assessment of consciousness is meant for providing remedial measures for relegated states of consciousness to meet the unmet need of prescriptive consciousness (Health for all) toward better worldliness.

Hypothesis:

It has a significant positive effect of clinical assessment of consciousness in diagnosing and treating relegated states of consciousness. Once clinical assessment of consciousness is done, remedial measures for relegated states of consciousness become feasible through physical, mental and spiritual

intervention as prescribed in different streams of medicine. So it is meant for meeting the unmet need of health for all.

It has a significant role in enhancing consciousness toward higher States of blissfulness.

It has clinical significance to make life better at physical, mental and spiritual level.

It is significant in all walks of life.

It is significant for better health, better consciousness, better relationship, better insights into life, better religiouness, better enlightenment, etc.

It signifies the importance of human form to achieve consciousness _ the spiritual basis of life.

Operational Definitions

1. **Clinical assessment of consciousness:** It aims to assess consciousness on clinical parameters at physical, mental and spiritual level using human consciousness scale.
2. **Consciousness**: It is flowering of awareness as the function of knowledge, skill and attitude. It manifests as a spectrum of awareness from anaesthetic to aesthetic states of consciousness.
3. **Homeostasis:** constant internal environment of body system responsible for livingness, responsiveness, consciousness and blissfulness.
4. **Remedial measures:** an account of spiritual, mental, psychological, motivational, educational, medical measures to meet the unmet need to maintain homeostasis, livingness, responsiveness, consciousness and blissfulness of the subject.

Variables

- Independent variables
  - **Human consciousness scale**
  - **Human consciousness development index**
- Dependent variables
  - **Spiritual status as per consciousness**
  - **Mental status as per responsiveness**
  - **Physical status as per homeostasis**
- Relevant variables
  - **Age of the subject**

- **Qualification**
- **Sex**
- **Religion**

The subjects who are willing to participate in the research will be included

Design

First of all clinical assessment of consciousness will be done using human consciousness scale as pre test and accordingly clusters will be made of different states of consciousness such as jagrat, swapna, susupti and turiya.

Thereafter remedial measures will be provided holistically to all the relegated states consciousness to enhance their level of consciousness toward better worldliness by meeting the unmet need of health in form of prescriptive methods of consciousness.

Post test will be done after remedial course of treatment.

Sample:

100 individuals doing some sort of meditation practice will be included in the research irrespective of age, sex, caste from Dayalbagh way of life. Purposive sampling will be done and made clusters for remedial measures.

Tools:

Human consciousness scale made by the modification of Glasgow coma scale and American society of Anaesthesiologists physical status classification for disease state will be used for the purpose of clinical assessment of consciousness in this research.

HUMAN CONSCIOUSNESS SCALE

A.	**Spiritual status regarding Consciousness**	**Score**
i.	Blissful	5
ii.	Aesthetic	4
iii.	Hypothetical	3
iv.	Inquisitive	2
v.	Anaesthetic	1

B.	Mental status regarding responsiveness	Score
i.	Oriented	5
ii.	Confused	4
iii.	Inappropriate	3
iv.	Incomprehensible	2
v.	No response	1

C.	Physical status regarding homeostasis	Score
i.	No organic, physiologic, Biochemical or Psychiatric disturbance	5
ii.	Mild systemic disturbance	4
iii.	Moderate systemic disturbance	3
iv.	Severe systemic disturbance	2
v.	Severe systemic disturbance that is life threatening	1

Procedure:

The research will be conducted in four phases as follows

Phase 1: Pre test

Level of consciousness will be measured using human consciousness scale

Phase 2: Experimental or Remedial phase

Clusters will be made after Pre test as per level of consciousness and remedial measures will be prescribed as follows:

An individual having absolute score of 15 will be regarded as a subject of blissfulness and in a state of Complete health. It is state of spiritual consciousness and the subject is self realized soul of the world around.

An individual having score of 14 will be regarded as a subject of aesthetic consciousness and experiencing the beauty of the world around and in a state of thoughtfulness and will be prescribed Right method of meditation such as Surat shabd yog to merge into blissful state of consciousness.

An individual having score of 13 will be regarded as a subject of hypothetical consciousness and is inquisitive toward the world around and in a state of boredom and will be prescribed life style modification such as satsang, seva and sumiran.

An individual having score of 12 will be regarded as a subject of consciousness and has no inquisitiveness to know the world around and in a state of ordinary worldliness and will be prescribed a dayalbagh way of better worldliness.

An individual having score below 12 will be regarded as a subject of anaesthetic consciousness and in a state of thoughtlessness and the subject is flowing through the mental and physical form of desire like an animal and he is indifferent toward the world around and will be prescribed Motivational speeches consisting of knowledge, skill and attitude of spiritual consciousness.

It consists of three weighted components. The best score is 15, and the worst score is 3.

On account of the score acquired by the individual his level of consciousness will be assessed and accordingly, as required, remedial treatment can be prescribed as per his/her physical, mental and spiritual status.

This instrument is very beneficial in the case of assessing level of spiritual development and more over finding out relegated impeding forces or obstruction. And their removal is also feasible once the relegated obstruction is checked out. Remedial prescriptions have been given in Vedas, upnishad, vedant, Bhagavad gita, the religion of saints to elevate the states of consciousness for the kama, krodha, moha, maya, ahankar etc. likewise medical prescription for physical and mental ailments also considered along with grace of Radhasoami Dayal.

Phase 3: Post test

level of consciousness will be measured again using the same scale of human consciousness after the prescribed time of remedial measures.

Phase 4:

Analysis, Interpretation and conclusion will be drawn.

Statistical analysis

Parametric statistics will be applied to analyse the Pre test and Post test results using human consciousness development index.

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CHAPTER 1 Consciousness As it is

1.1. Triad of human life

1.1.1 Consciousness- the spiritual basis of life

1.1.2 Responsiveness – the mental basis of life

1.1.3 Homeostasis_ the physical basis of life

1.2 Physiology of control systems in terms of five koshas

1.3 Processing of consciousness through control systems

1.3.1 Subjective processing

1.3.2 Objective processing

1.4 Physiological transition of states of consciousness

1.5 Symptomatology of states of consciousness

1.6 Transcendental flowering of consciousness

1.7 Beyond consciousness

1.8 What mind doesn't know

1.9 Aesthetic state of consciousness

1.10 Anesthetic state of consciousness

CHAPTER 2 Clinical significance of consciousness

2.1 Relegated states of consciousness

2.2 Altered states of consciousness

2.3 Divine state of consciousness

2.4 Algorithm for meeting the unmet need of consciousness

CHAPTER 3 Remedial measures for relegated states of consciousness

3.1 Spiritual (religious) measures

3.2 Mental (psychological, motivational, educational) measures

3.3 Physical (medical) measures

CHAPTER 4 Prescriptive consciousness toward better worldliness

4.1 prescriptive consciousness in Vedas, Upnishad, Vedant , Buddhism, Jainism, Charvak Darshan, Bhagavad Gita, religion of saints (Radhasoami faith), ayurveda principles and modern medicine

Chapter 5 Insights for better worldliness

5.1 Instinct, Intellect, and Intuition

5.2 Knowing, Reasoning and Flowering

5.3 In its own functioning for enlightenment

5.4 Barriers (anesthetics) toward better worldliness

Chapter 6 Methodology

Chapter 7 Results, Analysis, Interpretation, Discussion and conclusion

Literature review

Evelyn Underhill -- ISBN 1-85168- 196- 5, Mysticism, The Nature and Deveopment of spiritual consciousness - long regarded as a classic text, and written by the foremost authority on the subject, Mysticism remains the Pre - eminent study of humanity's spiritual consciousness. Perhaps most importantly, Underhill shows how the mystical experience is within reach of us all and presents an inspiring vision of what this world offers to those who choose to enter it. To be a mystic is simply to participate here and now in that real and eternal life; in the fullest deepest sense which is possible to man. It is to share, as a free and conscious agent ___ in the joyous travail of the universe; its mighty onward sweep through pain and glory towards its home in God.

Pim Van Lommel, MD __ Consciousness beyond life, the science of the near death experience, is a world renowned cardiologist in his initial study of near - death experience

David R. Hawkins, MD, PhD_ the map of consciousness explained __ A proven energy scale to atualize your ultimate potential, we are all born with a level of consciousness, an energetic frequency within the vast field of consciousness. And with the map of consciousness, we can truly understand the total spectrum of human consciousness. Using a unique muscle testing method, Dr David R Hawkins conducted more than 250,000 calibrations during 20 years of research to define a range of values, attitudes and emotions that correspond to level of consciousness. This range of values along with a logarithmic scale of 1 to 1000 became the map of consciousness. With the map Dr David R Hawkins laid out the entire spectrum of consciousness, from the lower levels of shame, Guilt, Apathy, Fear, Anger and Pride, to Courage, Acceptance and Reason; all the way upto the more expended levels of Love, Ecstasy, Peace and Enlightenment. These higher energy fields are a carrier wave of immense

life energy.

Guyton and Hall __ Text book of Medical Physiology

: has served generations of students and teachers of human physiology extremely well. It is characterized by very lucid explanations of complex phenomena in the human body and is integrative in its approach allowing students to have a broad general understanding of human biology across organ systems. The goal of physiology is to explain the physical and chemical factors that are responsible for the origin, development and progression of life.

Bhagavad gita - **As it is**: His Divine Grace A C Bhaktivedanta Swami Prabhupada, the world's foremost Vedic scholar and teacher, represents an unbroken chain of fully self realized spiritual masters beginning with lord krsna Himself. Bhagavad gita is universally renowned as the jewel of India's spiritual wisdom. Spoken by lord sri krsna, the supreme personality of godhead, to His intimate devotee Arjuna, the Gita's seven hundred concise verses provide a definitive guide to the science of self realisation.

J. **M. Mehta, Vedic Wisdom** -- ISBN 978- 93- 813840- 8- 4, The four Vedas - Rig, Sama, Yajur and Atharva are the fountainhead of ancient Indian philosophy, traditions and practices. It is believed that in the beginning of creation, Vedas were revealed by God for the benefit of mankind. The meaning of Vedas is knowledge. The Vedas are supposed to contain true knowledge in seed form. It is enjoined upon mankind to understand, develop, utilize and propagate this knowledge for individual and universal welfare. The Vedic knowledge is a key to material as well as spiritual happiness.

The psychology of the esoteric - insights into energy and consciousness, Osho explores the world of the esoteric. He gives insight and meaning to the subtlest expressions of human energy including kundalini, tension and relaxation in the seven energy bodies, and the significance of dreaming. He shows how by simply being in the present moment and becoming aware of our vital energy, our ordinary day -to -day lives can become filled with wonder and mystery. Existence is energy, the movement of energy in so many shapes and so many forms.

Osho- from unconsciousness to consciousness, answers to seekers of the path - ISBN 978- 81 - 7261- 016- 6, I teach you to live tremendously, ecstastically, in every possible way. On the physical level, on the mental level, on the spiritual level, live to the uttermost of your possibility.

P.Sriramamurti, Prem Prashant, Anand Mohan -- Spiritual consciousness - ISBN 978- 81- 7822- 443- 5, Ranging over the subject of consciousness studies and focusing on spiritual consciousness, this unique collection brings together research papers, essays, narratives and perspectives, both Indian and global, on the religion of saints or sant mat, particularly the Radhasoami faith. The subjects under discussion range from the basic aspects of consciousness; consciousness in sant mat and other religions; means of attaining higher levels of spiritual consciousness; scientific perception studies to states of spiritual consciousness in sant mat.

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I hereby declare that the title of this research: Clinical assessment of consciousness and its significance in terms of control systems (five koshas) meeting the unmet need of prescriptive consciousness (health for all) toward better worldliness, is genuine and no research has been done on this as searched by me online. So please allow me to do research work.